



JOIN US AS WE WALK 1 MILLION STEPS TO BETTER HEALTH

Walk this Way Kick-off Party

Saturday, October 19 | 7-9 AM

Cagni Park
13498 NE 8 Avenue
North Miami, FL 33161

What happens after the party?

- Track your progress and count your steps.
- Weekly self-guided walking at 3 rotating locations.
Mondays 5 - 8 pm North Miami Athletic Stadium *
Wednesday 5 - 8 pm Cagni Park *
Fridays 5 - 8 pm Pepper Park *
- * Opportunities to log steps with staff members to track your progress and reach 1,000,000 steps!
- Participants will receive a guide book and pedometer to track their progress.

Why Walk?

Walking will offer positive health changes to residents, such as:

- Reduced blood cholesterol
- Lower blood pressure
- Increased endurance
- Stronger bones
- Weight loss

For more information, contact the
Parks and Recreation Office at 305-895-9840.



Receive a Free T-shirt
for becoming a part of the
WALK THIS WAY PROGRAM.

**Walking is for
the whole family!**

Keep up the good work and join us every
3rd Saturday of the month for more
family walking events which will include:

**Health and
Educational Vendors**

**Fun Zones
Face Painting**

Hydration Stations On-Site During Walks

The City of North Miami does not discriminate on the basis of disability in the admission or access to, or treatment or employment in its programs or activities.